



## 28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

### Detailed evaluation

**Herzer, Heiko**

Club: LSV Lok Arnstadt

Number: 558

Course: 14.00 km

Hauptlauf

Category:

Männer M35

Total time: 1:15:57

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 127 (of 196)

Rank in course/Men: 108 (of 150)

Best time in course: 49:33

Rank in category: 9(of 9)

Best time in the category: 53:51